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ATTORNEY GENERAL  
BILL SCHUETTE'S

# Senior Brigade



## American Heart Month

### Take Control!

You can help regulate your risk factors for cardiovascular disease by closely monitoring the following factors:

- ♥ Diet;
- ♥ Physical activity;
- ♥ Tobacco use; and
- ♥ High blood pressure

Source: [Centers for Disease Control and Prevention](http://Centers for Disease Control and Prevention)

Cardiovascular disease (CVD), which includes heart disease, stroke, and high blood pressure, is the number one cause of death in the US.

One way to help avoid CVD is by eating a healthy diet, reducing sodium, and by eating foods low in saturated fat and trans fat.

Did you know that the outdoor temperature is also a factor that contributes to cardiac events? As the temperature drops, the risk of a heart attack and stroke goes up. More people die from a cardiac event in colder months than any other time. Doctors say it's due to reduced activity and the cold which causes blood vessels to constrict.

If you're looking for a way to get extra activity during the winter, try taking the stairs or exercising indoors.

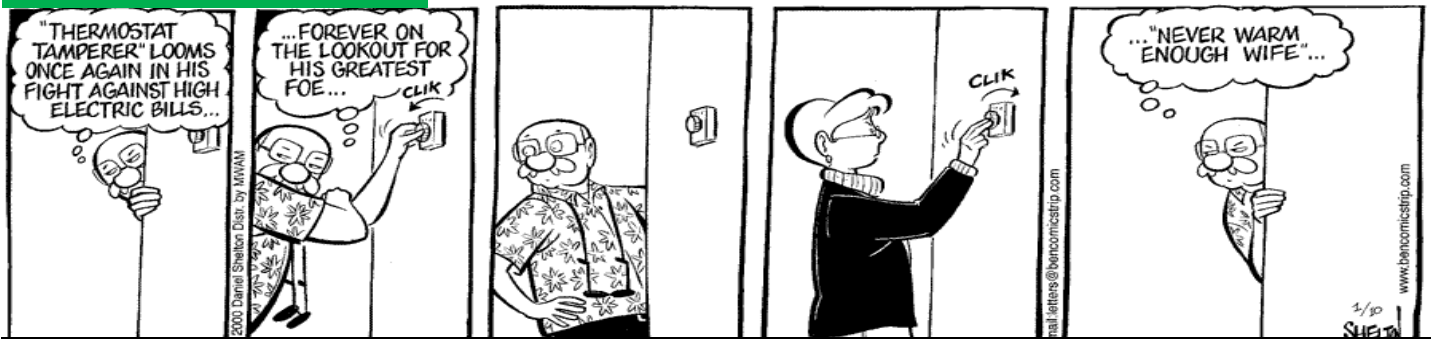
It is recommended that adults engage in physical activity for at least 150 minutes a week. Please consult your doctor before making any fitness or diet modifications.

Sources: [Centers for Disease Control and Prevention](http://Centers for Disease Control and Prevention), [WILX](http://WILX)



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# Senior Smiles



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## Seasonal Affective Disorder

Cold and dark winter months can cause many people to feel sad, but during colder months people can actually develop a major form of depression called Season Affective Disorder (SAD).

SAD begins in the fall and winter months. It can sap your energy, make you emotional, or irritable.

Experts say this is a serious illness and urge people to seek professional help. Medications, counseling, and even light therapy have been shown to help improve symptoms.

Please consult your physician if SAD is affecting your mental well being this winter.

Source: [Mayo Clinic](http://www.mayoclinic.org)

## Skimmers

Recently, local police were alerted to scammers skimming consumer's personal information at gas stations in Eaton County, Michigan.

A skimmer is an electronic data collection device that is used to collect account information off your debit or credit card.



The device can be internal or external. If it is internal, it is impossible to spot. But if it is external, it will look different than the rest of the card readers at the station. A skimmer can also be placed on any unattended card reader – even an ATM.

If you are using your card, first look at the card reader. If it doesn't look right, go somewhere else, or go inside and have the attendant run your card.

Always make sure you're checking your credit card statements and alerting the proper authorities if you see fraudulent transactions on your statement.

Additional information about skimming and identity theft protection is provided in our free Identity Theft Senior Brigade presentation.

Source: [WILX](http://www.wilx.com)

## Heart Healthy Recipe



Click here to find a [heart healthy recipe](#) recommended by the [Mayo Clinic](http://www.mayoclinic.org) that will warm you up today!



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